



# Group of Forty

Australia

[www.groupofforty.com](http://www.groupofforty.com)

David K Miller Founder/Director



**THOUGHTS FROM JANE...** In searching for Truth we must be willing to work through many illusions. Life on Earth is largely based on illusion because for most of humanity the truth is too much to understand. Even the purest and highest of concepts can fall into a state of illusion in the dissonance of Earth. The best gauge is your heart or love. Truth is based on love because the truth is the Godhead and God is love. To gauge the difference between Truth and illusion, you have to travel deep into your heart. Any Truth that lessens your ability to love is an illusion. Everything, originally, was created by the One, and therefore it was divine truth. But now man is learning to be a creator but to be a true creator, we mustn't create illusion. Divine truth is constant and unchanging, whereas illusionary truth is changed as you change your perceptions. The greatest untruth is that we can be separate from Spirit and as long as we believe that then our creations, words and actions will only emerge from our human self. Another untruth is that spirit can be separate from love. It's the oneness of spirit and love that is a true gauge of truth. So the understanding of truth is relative to one's ability to understand themselves. As long as humans shroud their true identity it won't recognise truth even when it's revealed. So a major step will be the recognition of our true spiritual identity. So we search for truth by seeking our Higher Self as it is the love that emanates from our Higher Self that allows us to know and love ourselves. The whole acceptance of truth is based on our ability to love because love is the only real measurement of truth. We can only know love when we love ourselves.



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Please consider coming to our annual conference on October 19th and 20th 2019. We're meeting at Annandale Community Centre. We will have a webinar workshop with David and Gudrun Miller and also our AGM. Day two we will have meditations and enjoyable talks from our members. Email Jane for more details.

## MEETING OUR MEMBERS

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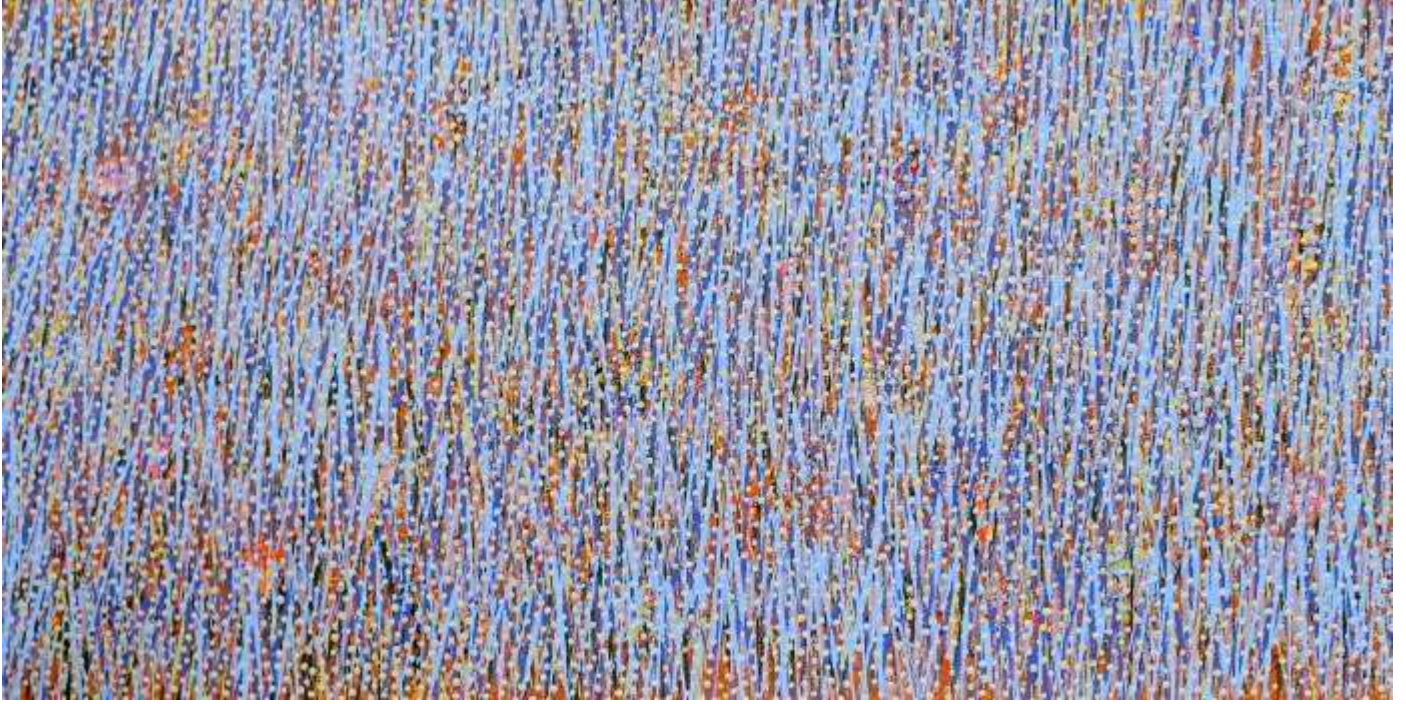
Hello everyone I'm Kerry Wilsher. I am fortunate to live in one of the beautiful areas of Sydney, near Cronulla, in the south of Sydney, close to the sea. I have 5 children and 6 grandchildren whom I love very much. I work as a radiochemist in the Nuclear Field and complete analysis to help understand how radiation transfers through the environment. I joined GOF eighteen months ago and have been given the opportunity to join "my being" in group consciousness through the biorelativity meditations with other kindred GOF members from around the world. In our meditations, we link with the ascended masters and Arcturian helpers to assist and balance Mother Earth against the relentless environmental assaults on her. We also receive personal healing and at the same time, spend time in 5D energy. What a bargain. It has been a privilege to also become a meditation presenter and I was invited to become a member of the Australian Biorelativity Committee. It's such a privilege to be able to attend my local Planetary Cities Of Light - Sydney and Grose Valley- and to be part of a team maintaining these wonderful areas with the help of the Grose Valley crystal and the Galactic Kachina and at the same time, strengthening our personal auras. In my time with GOF I have witnessed the start of a consciousness shift - like the 100th monkey effect and I am thrilled to be able share my energy in these changes. My energetic vibrational frequency is increasing and I never know what is around the corner as I am interacting with my fellow starseeds. I wonder what the next chapter will bring?

## Kerry Wilsher



Kerry's wall garden that she created herself and Kerry sits and meditates on this peaceful and beautiful area.





Japingka aboriginal art. This article courtesy Rebecca Gresham and Carel fillmer

Many paintings in Aboriginal art depict the creation stories of the artists' ancestral lands. Depending on where these come from, these paintings reflect the multi-layered stories and sand drawings that were a part of ceremonial life and are depicted from an aerial perspective, showing, among other things, a map of sacred sites relevant to the creation story. In the Pilbara region of Western Australia, Yindjibarndi artist Marlene Harold, depicts the creation story for her people in a Western landscape format. While most of the Yindjibarndi people now live close to the coast in the town of Roebourne, the Yindjibarndi people are the traditional owners of a large part of the central Pilbara stretching from the Millstream-Chichester National Park south across the Fortescue River into the Hamersley Ranges. According to Yindjibarndi law, in the beginning the sky was very low. When the creation spirits, the Marrga, arose from the ground they raised the sky and the world out of the ocean. The Marrga gave names and form to the country and then to all the birds and animals. Finally they created the Ngaardangarli, the Aboriginal people. This creation story is called Ngurru Nyujunngama – When the World was Soft. In the early morning, the mist seen rising over the water is the smoke from the Marrga's breakfast fires. Painting in her distinctive delicate style, Marlene Harold commemorates and celebrates this ancestral creation story of her people, which she titles *In the Beginning When the World was Soft*.

**Martha Heeren: Photos from my trip to the Wollemi Standing Stone & Grose Valley. There were lots of flowers out at the Grose Valley lookout**



Wollemi Standing Stones



Grose Valley



Bottlebrush



**WHO READS THE NEWSPAPER IN AUSTRALIA AND WHY** :-Experts have found the following analysis to be nearly 100% accurate:

1. **The Australian Financial Review** is read by the people who run the country.
2. **The Canberra Times** is read by people who think they run the country.
3. **The Australian** is read by people who think they should run the country, and who are very good at crossword puzzles.
4. **The Sydney Morning Herald** is read by people who think they ought to run the country but don't really understand The Australian.
5. **The Brisbane Courier Mail** is read by people who wouldn't mind running the country, if they didn't have to leave Queensland to do it.
6. **The Melbourne Age** is read by people whose parents used to run the country.
7. **The Melbourne Herald Sun** is read by people who aren't too sure who's running the country and don't really care as long as they can get a seat on the train
8. **The Sydney Daily Telegraph** is read by people who don't care who is running the country as long as they do something really scandalous, preferably while intoxicated.
9. **The West Australian** is read by people who are in prison, who used to run the state, and would like to do so again, as would their constituents who are currently free on bail.
10. **The Hobart Mercury** is (slowly) read by people who are running another country, but need the Aussie Rules scores.
11. **Crikey** is read by people who aren't sure if there is a country or that anyone is running it; but if so, they oppose all that they stand for. There are occasional exceptions if the leaders are gay, handicapped, minority, feminist, atheists, and those who also happen to be illegal aliens from any other country or galaxy, provided of course, that they are not conservatives.
12. **The Adelaide Advertiser** is read by people trapped in a line at the supermarket waiting for the electricity to come back on.
13. **The Northern Territory Times** is read by people who have recently caught a fish and need something to wrap it in. (This article courtesy Jonathan Bell)

## Q AND A WITH JULIANO

**Question from Micki Kellett, Victoria.**

**Hi Juliano. How is the aura protected under anaesthesia particularly if one is suddenly put under an anaesthetic?**

**A.** The question about the aura and anaesthesia is a good question and again, this is a complex issue. The short answer is for the most part the aura is not protected during anaesthesia. For the most part I can tell you that because of this lack of protection during surgeries and during anaesthesia the aura is susceptible to outside entities, outside attachments. There are many cases of people who have surgeries with anaesthesia and from that experience they obtained attached entities. They experienced and obtained these entities unknowingly. **Micki, you are bringing such an important issue to the forefront of our discussion.** Most people would not think that their aura during an anaesthesia, during surgery, is unprotected and they would not even attempt to provide any type of protection. The attachment of entities is often based on vulnerability of the person and of course during anaesthesia you are vulnerable. One way to provide protection to your aura is to do the exercise that I call "future time protection". In the exercise of future time protection you, through your ability to go and project your consciousness into the future, send a protective energy field to yourself in the future time of the surgery. One way to go into the future is to picture a calendar, like on a rolodex. Say you are going to have surgery in 10 days. Then you would, with your meditation turn the rolodex to that new period in 10 days and then see yourself in the surgery room where you're going to have the operation and the anaesthesia, then send the protective energy fields around your aura. Now this travelling in time also can be back in the past and believe it or not, we are able to assist you in offering protection and even removal of vulnerabilities from past experiences. This is called time travel and using the bilocation in the past and the future. You would think for the most part that high spiritually minded people would want to protect themselves during anaesthesia. You have to understand higher consciousness, vulnerability in energy fields and auras is still a new field of study and the answers and solutions to these vulnerabilities is only now coming to the forefront of discussion. There can also be problems when you are suddenly jarred and where are suddenly leaving your body. This can happen for example during a car accident. The best protection from those unexpected circumstances has to do with calling on protection during your regular meditations.  
*Cont next page...*

### This Day

**This is not a day for asking questions,**

**Not a day on any calendar.**

**This day is conscious of itself.**

Cont... You may not know of all experiences or all sudden jarring or vulnerabilities that you could be. This could include even sudden catastrophes that each one of you are potentially vulnerable to, based on the many earth changes. Therefore, in your meditations you can call on your guides to protect you now and in the future. In the meditations see your aura protected. Now I am going to go on another subject. There have been questions about what is called pulsing electromagnetic energy work which is a type of electromagnetic healing that is done through special devices that create a mimicking of the electromagnetic energy field coming from the earth. How to protect yourself and how to bring yourself into a healing vibrational is related to the health of your aura. That is to say if your aura is already weak, if your aura already has holes in it, if your aura is already misshapen from drug use then you are even more vulnerable. That means that the best defense is the maintaining and creation of the aura. The best protection even from anaesthesia is the maintaining of a healthy aura and the exercise of shimmering is a powerful way of maintaining the proper electromagnetic geomagnetic balance in your aura. Your aura does respond to electromagnetic energy and the problem is that your energy field now is being compromised through the internet, smart phones, computers and even the electromagnetic energy fields from electrical lines near your homes. The list goes on and on. In this type of environment with surrounding electromagnetic energy, it is very difficult to consistently bring your energy field into the optimal balance. That is why I am developing many different ways of using the aura shimmering exercise to work with you on maintaining the proper electromagnetic harmony balance.

### **Question from a member in Sydney**

**Juliano, what does it actually mean when people bless everything. What does it actually do?**

**A.** The idea of blessing is basically offering a vibration to that event, to that person or to that animal. When you say "Bless" you are asking or you are sending a vibration of higher light, higher energy and higher harmony to that person. It also sends a vibration of purity. When you say "bless" in the common language it is asking that the Divine Light and Divine Harmony be connected to what you are identifying so that the highest good occurs so that the purification occurs and so that the healing occurs and is directed towards the person you are sending the blessing to. This is what is traditionally meant by "Blessings." It is beautiful to say "blessings" even when you eat. You are blessing the food and the source from where it comes. Blessings is an acknowledgement that all is connected. You want everything that you touch, everything that you look at to be in the highest harmony possible, and so it shall be. You, as spiritual beings on Mother Earth, have this great power of consciousness to bless things and to bring things into a higher balance and higher frequency.



## ARCTURIAN CRYSTALS INDIGENOUS WEATHER KNOWLEDGE

Since we have entered a new age, the Arcturians have updated the Tree of Life to give it greater meaning and relevance and a more modern perspective for today's planetary healers. They have expanded the ten spheres of the traditional Tree of Life to twelve, a powerful spiritual number. The function of the Tree of Life has been expanded for planetary healing and has been renamed the *Planetary Tree of Life*, and now it contains twelve spheres, corresponding to twelve Arcturian etheric crystals, downloaded to twelve different areas, all beautiful and powerful locations on Earth. An eleventh sphere, which was not totally accepted as a full sphere in the ancient Kabbalah and had a dotted line around it, has been made by the Arcturians into a full interactive sphere. It is designated, "Hidden Knowledge Revealed," since ancient hidden knowledge no longer needs to be hidden and is now accessible to all spiritual seekers on the planet. A brand-new twelfth sphere was added to the Planetary Tree of Life to show that the fifth dimension and the third dimension are interacting. New spirit guides from the ascended masters that starseeds can more easily relate to have also been assigned to each sphere, instead of the ancient biblical prophets and patriarchs that were used in the original Tree of Life. The attributes of the Tree of Life, such as wisdom, understanding, judgment and compassion have been expanded for planetary healing work.

The D'harawal Country and language area extends from the southern shores of Port Jackson (Sydney Harbour) to the northern shores of the Shoalhaven River, and from the eastern shores of the Wollondilly River system to the eastern seaboard.

### Ngoonungi

#### **Cool becoming warm**

September-October

Flying foxes appear

Ceremonial time

Miwa Gawaian in flower



### Parra'dowee

#### **Warm and wet**

November-December

Summer heat starts

Stable weather



Permission to use the D'harawal seasonal calendar is granted by the D'harawal Traditional Knowledgeholders' and Descendents' Circle.

[www.bom.gov.au/iwk/dharawal/burrun.shtml](http://www.bom.gov.au/iwk/dharawal/burrun.shtml)

## SYDNEY PLANETARY CITY OF LIGHT



Back Row: Wendy, Olga, Ann, Jane, Helen,  
Front row: Carel, Kylie and Sally.  
Kerry Wilsher is the photographer.

## MORNINGTON PENINSULA PCOL



Maralyn, Glenda, Micki and Mick



## BRISBANE PLANETARY CITY OF LIGHT

Back row:- Helen, Talulah, Natalie, Cathie,  
Gerard.  
Front row:- Matthew, Bondy and Amanda.  
Jane is the photographer.

**Jane will be travelling to Perth, Western Australia in June 2019** to meet with the wonderful GOFA members there. David and Gudrun have agreed to present a workshop, "connecting with the Arcturians" based on the three volumes channeled by David K Miller. The workshop will be open to non members so if you know someone who may be interested, ask them to contact me at [janescarratt@gmail.com](mailto:janescarratt@gmail.com). Perhaps some of you may like to come and meet the members as well!!

## DID YOU KNOW...

Let me return to the concept of communicating with the Spirit of the Earth. The Spirit of the Earth is receptive to the Fifth Dimension, and naturally, the Spirit of the Earth is multidimensional just like you are multidimensional. The Spirit of the Earth knows every plant and animal that ever existed on her, has the records of all life forms, has the records of all interactions with extraterrestrials that have come to the planet, and has interactions with all of the external energies from the galaxy. The Spirit of the Earth is like the Grand Canyon which has the ability to record geological histories, millions of years in the past. The most important things for our discussion are that the Earth responds to your prayers and to your focusing on the Fifth Dimension, and focusing on sending her the fifth-dimensional energy light. The Spirit of the Earth needs the downloading of the fifth-dimensional energy as much as you do. I could say that, personally, without a fifth-dimensional energy download, you would have a much more difficult time coping with what is going on the planet. But the Earth, too, benefits from fifth-dimensional energy and light. Do the exercise for the Earth's energy field and the Earth's aura. Help to open up the North Pole which serves as the Crown Chakra for the planet. Help to download higher energy into the Earth's energy field. Work within your Medicine Wheel, because the Earth loves you talking to her; the Earth loves you honoring her in sacred space. Let me conclude by saying that one of the great gifts of the Starseeds is the ability to create and work with sacred space and sacred energy. You, the Starseeds, have the ability to widen and make more sacred energy and sacred spots on this planet. This is one of your missions, to balance and hold sacred light on the Earth. There is more need for creating sacred spaces on planet Earth. *Extract Lecture Aug 4th 2018 Juliano through David K Miller*

## FROM THE COSMIC ARROW

From the Cosmic Arrow - Arcturus Connection\_\_\_\_\_By Sjoerd Tyssen

### **New Moon** – Aries Cycle

5th April '19... 15 degrees. Aries

Arcturian Message:- 'Meet me towards a worthwhile goal'

### **1st Quarter Moon** – Aries Cycle

13th April '19 ... 22 degrees. Cancer

Arcturian Message:- 'Finding a brown water duck is a task for the gentle and sleek'

### **Full moon** – Aries Cycle

21st April '19 ...29 degrees. Aries/Libra

Arcturian Message:- 'Toward a new beginning'

**And:-**'True friendship is a blessing'

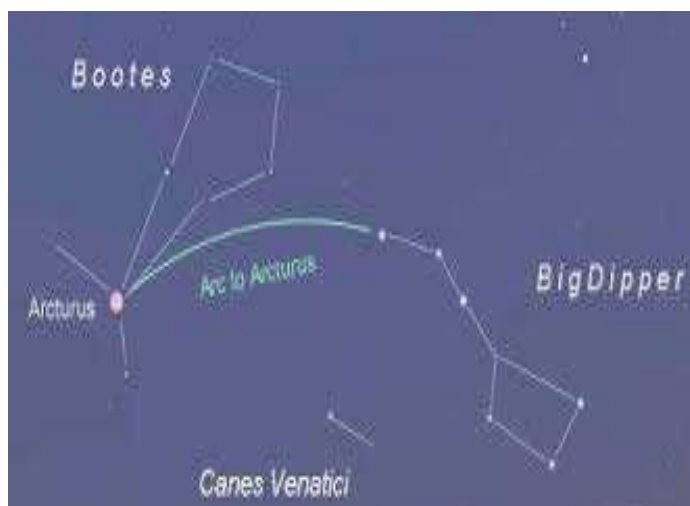
### **Last Quarter Moon** – Aries Cycle

26th April '19...6 Degrees Aquarius

Arcturian Message:- 'a beacon of hope is shining there amongst the shadows.'

Use These gifts to help your meditations.

[sjoerdtysen@bigpond.com](mailto:sjoerdtysen@bigpond.com)





## MONTHLY PHONE MEDITATIONS IN AUSTRALIA

**Thursday Meditation April 11th – Anne Scarratt**

11am EST 0386720180 396637#

**Webinar Sunday April 14** Upgrade your skills in Biorelativity. 7.30am EST Go to meeting link will be sent to you

**Thursday Meditation April 18th – Chad Nelberger**

11am EST 0390280260 164595#

**Easter Sunday April 21<sup>st</sup>. no meditation**

**Thursday Meditation April 25th – Jane Scarratt**

11am EST 0386720180 396637#

**Sunday Meditation April 28th – Jane Scarratt**

9.15am EST 0386720180 396637#.

**Thursday May 2nd - Henry Brenner**

11am EST 0390280260 164595#

**Monthly Lecture – Sunday May 5th David Miller**

10.45am EST 0390280260 164595#

**Thursday Meditation May 9th – Marie Ashworth**

11am EST 0386720180 396637#

**Thursday Meditation May 16th – Gene Yoder**

11am EST 0390280260 164595#

**Webinar Sunday May 19<sup>th</sup> 8am EST Activating the Ascension codes for Earth.** Go to meeting link will be sent to you

**Thursday Meditation May 23rd – Janine Malcolm**

11am EST 0386720180 396637#

**The Earth Balance Biorelativity Meditators meet every Monday and Wednesday night** at 8pm EST and every **Tuesday night** at 7pm EST on the phone conference line. Access code 396637# Email Jane for information.

**Conference Call dial in No:-** For Aust: ring (03) 8672 0180 or (03) 90280260, Access: 396637#

**For US** meditations, ring (03) 90280260, Access: 164595#

## THE BOOK CLUB



**Australia's next book club** discussion will be **Friday, May 3rd 7.30pm EST** We will be discussing chapter Thirteen of "Expand your Consciousness" by David Miller.

## Bringing Herbs into your life

**Elecampane:** Promotes an inner confidence and an awareness of beauty. It creates in you an appreciation of yourself and it assist in ego development so that the ego is no longer the dominating factor. When you deal with the ego from the level of the ego and there is plenty of work to do on yourself there is no outside context or way to view the situation. When you take elecampane, inner beauty is enhanced and you know internally that the voice of the ego means nothing. That is how it works for developing and spiritualizing the ego. The ability to persist and continue in such self development is enhanced. You begin to appreciate elegance, strength and beauty in other people. It helps when you want to speak to someone so they know they are appreciated. It has a direct association with the planet, Venus.

### PCOL Coordinator News

If you are interested in creating a PCOL/PORL in your area, talk to Jane. I am always delighted to assist. A small area is preferable.

**Maintaining a PCOL/PORL** is really a community service. We are benefitting all the inhabitants. We are being of service to our community.

Please be Ambassadors and talk about your Planetary City of Light to people you meet. I'm happy to send information for you.

### Choosing a pathway on the Planetary Tree of Life.

The paths on the Planetary Tree of Life represent a series of steps to achieve overall integration and planetary balance, which includes sustaining all life forms on Earth. We want to associate a Planetary City of Light or Ocean Reserve of Light with each path.

Each numerical path has a mission to explain the method of achieving the connection between the two spheres. EG there is a line connecting justice and compassion. **There has to be a balance, a way in which these two spheres are communicating with each other energetically, not in isolation.** The path is teaching how to create a balance between the two spheres that it is connecting. Each of the 11 Australian and NZ PCOL/PORL's pathways will be discussed individually and in detail in our newsletter, each month. By associating a Planetary City of Light or Ocean Reserve of Light with the paths on the Tree of Life we are hoping to expand the outreach of this paradigm.

### UNDERSTANDING THE ARCTURIAN TREE OF LIFE

To understand the idea of the Arcturian Tree of Life, one has to understand that there is a balance and there is a counterbalance. On the left side of the Tree of Life, as you are looking at it, is the concept of the holiness of sacred spaces. On the right side is the creation of a new Earth order, a creation of new Earth society. Therefore, the designation of holy, sacred Planetary Cities of Light also means that you are helping to lay the foundation for the creation of a new Earth society based on higher spiritual principles.

*Extract from lecture in June 2010. Juliano through David K Miller*

### JULIANO, CAN I CREATE A PLANETARY CITY OF LIGHT AROUND MY HOME?

Obviously, it is very helpful, when possible, to live in a Planetary City of Light. Remember, you still can have corridors of light around your home. Some people have asked: "Can we make a Planetary City of Light around my home?" I would say that you could send the Planetary City of Light energy into the corridor around your place. At a minimum, place five crystals around the perimeter of the area that you wish to connect to a Planetary City of Light. You can also make a corridor around your home so that it can receive this fifth-dimensional Planetary Cities of Light energy field. you can create the veil of fifth-dimensional light that is used around the Planetary City of Light around your own home. It is easier for you to maintain the Planetary City of Light around your home because you have better control of who enters and what you do in your place. *Extract from lecture in August 2009 Juliano through David K Miller*

## CORNWALL CAPERS

Hello and Happy Easter fellow Starseeds.

Easter symbolises life anew and rebirth - It has been a long time coming but we are finally doing another article on Crystals. This month we are looking at Orange Calcite - whose vibrant shiny juicy appearance looks delicious! If you're wondering what I mean then take a look at the photo opposite.

The variety of colours in the calcite family is abundant with the orange being so vibrant. Calcite has a hardness of 3 which means to cleanse this gentle crystal you should smoke it in white sage. We use this crystal on the sacral chakra and it is good for gentle calming, balancing, soothing, confidence and self esteem - I find it is warming and energising in a way that brings a nice flow of positive energy. It can help the sacral chakra enhance creativity and sexuality. It can help clear blocks in your energetic system and wards off negativity.

So give it a try - attune to your crystal using the meditation from our earlier articles - we often use this crystal in our medicine wheels for planetary healing too. Enjoy Easter - don't eat too many chocolate eggs (like I have!) Omega light blessings!!! Hope to catch you at the next bio-relativity meditation!

Together in unity consciousness  
Stephen

## ORANGE CALCITE



## CONFIGURATIONS OF CRYSTALS

The ankh is a symbol which has been found in many ancient civilisations (e.g. Egypt). It represents the 'key of life' and the approach to the infinite realm of wisdom. The configuration has been used for dowsing, to enhance creativity, to enhance fertility in both mind and body, and to bring long life. The fabricated and natural shapes exhibit identical properties.



Lemurian ankh



## Biorelativity Coordinator News

If you would like to be part of the Biorelativity Meditation Earth Balance Team, please email Jane Scarratt at janescarratt@gmail.com.

**We have found that repeating meditations is a wonderful idea because with repetition our visualisations become stronger as we become more familiar with the meditation.**

## EARTH BALANCE TEAMS

When the Earth Balance Team move onto a new meridian, there is no focus then, on the meridians that they have worked with. So the idea was created to ask members all over the planet to form small groups and take responsibility for a specific meridian. They are asked to meet each week for 15 mins to maintain the focus on that meridian. The response has been wonderful! Please join in this amazing work for Gaia. Juliano has assured us that Gaia is hearing us and is beginning to trust that we are always there supporting her. Gaia thanks you!!

**Monday night meditations** will now be called Arcturian Tree of Life meditations. We will be placing the spheres of the Arcturian Tree of Life into Earth's noosphere and Ring of Ascension. Both USA teams and Australian teams are working with this.

**Tuesday night** at 8pm EST we are working on increasing our skills and raising our energy fields. Access code 396637#

**Wednesday night** we are working on strengthening the energy field of Australia and NZ. The team meet at 8pm EST access code: 396637#

**Once a month, on the second Wednesday of each month, we will come together for an Arcturian 40 meditation for Earth. The next meditation will be May 8th at 9pm EST. Kerry Wilsher will lead us as we focus on merging the 3D earth and the 5D earth. Access code 396637#**

## THE CURRENT TEAMS ARE:-

**Sydney north members** GOFA members Yvonne Villien, Pat Scheveling and Gwen Bowyer are working with the Equator meridian. They meet together as a group every Tuesday.

**Gold Coast and overseas members** have taken responsibility for strengthening our skills and vibration. We meet on access code 396637# at 8pm EST every Tuesday night.

**Corae Lierman in Nebraska** and her team will work with Galactic light and removing negative thought forms around the planet. They meet every Monday night at 5pmAZ/10am Tues Aust. Access code 164595#

**The South Central Biorelativity Team** with Mber Rose love are looking after the north to south pole meridian. They meet Wednesday evening at 4.30pmAZ/9.30am EST Thurs Aust. Access code 164595#

**Jan Dugan in Alabama** leads a team working on the Equator. They meet on access code 164595# at 6pmAZ every Friday night/11am EST Sat aust except for the second Friday/Sat of the month.

**Keith Kreyling in Boston, Massachusetts** leads a team working with the Gulf Stream meridian. They meet on 164595# every Thursday night at 4pmAZ/9am EST Fri Aust.

Juliano advised me that when we are working with the 3D meridians, we are re-habilitating the meridians. The Arcturians use the 5D meridian system of the twelve etheric crystals to assist us. **REMEMBER.....A planet cannot ascend by herself. A planet must have higher thought forms, higher beings, on it. Biorelativity is the ability to interact with the Spirit of the Earth with higher consciousness. On one level, biorelativity can create unity consciousness and a unified energy field.**

## BOOK CLUB

### 'EXPAND YOUR CONSCIOUSNESS'

by DAVID K MILLER

#### What other ways are there to transmit energy and contact others?

Some people can transmit energy in their thought fields through the **third eye**. The third eye is a great receiver of thought energy from thought fields. The **brain**, the mind, is the holder and creator of the thought field, and the thought field can both receive and transmit energy. Thought-field communication also includes the **transmission of healing energy**. It is possible to transmit healing thoughts and energies through your mind, also known as remote healing. You can transmit signals and reach out to others. For example, you might want to call to your other starseed brothers and sisters or send out a call to the other Arcturian starseeds in your area. You can search the Internet, or you can put an advertisement in the newspaper. These are some of the third-dimensional ways of letting other starseeds know that you are here. You can also use the etheric method I just described. When you use your etheric antenna from your crown chakra or your third eye to transmit a call to the starseeds in your area, you can ask them to contact you. This spiritual energy is so interesting and so beautiful. You can also send out this call to meet your soulmate or somebody from your soul tree or soul family.

#### How important are our Soul Families in our incarnation?

Another aspect of the thought field is soul families.

People are always asking about their soul families. They always want to know where their soulmates are. Soul families have certain common thought fields and thought patterns that attract each other like magnets. You are attracted to the souls who share a thought-field energy similar to yours. Sometimes there are souls who have stronger but similar thought fields. You become attracted to those people so that you can expand your own thought field. Think of the soul family as sharing common thought fields with you. You can use your thought field as an antenna.

#### What is quantum healing and how do we use it?

We define "quantum" as an energy field that transcends cause and effect as well as the rules and laws of the third dimension. We use quantum energy to accelerate thought fields. An excellent example of this is using affirmations. By now you have studied the laws of affirmation on the third dimension. The idea in quantum healing is to link affirmations with the thought-field energy from quantum light. The interaction of the quantum light with your own thought becomes powerful. You are then able to merge the thought with the quantum energy in your subconscious, where your thought field energy will assist and maximise the power so that what you ask for will manifest.

*All questions from Chapter Three*

## AROUND AUSTRALIA & N.Z.

**Sydney NSW PCOL/PORL** Meditations on **last Saturday of the month** at 12.45pm EST. We have refreshments afterwards. Ring Carel 0414 939 760 or email: [carelfillmer@gmail.com](mailto:carelfillmer@gmail.com)

### **GoldCoast Queensland PCOL/PORL**

Meditation on **last Sunday of the month** in Helensvale 1.15pm EST. Refreshments after. Ring Jane(07) 56657575 or email: [janescarratt@gmail.com](mailto:janescarratt@gmail.com)

### **Brisbane North Queensland**

Meditations are being held monthly in Brisbane. Next meditation will be **1st Sunday of month** at Brackenridge or Bardon. Refreshments after. 10.45am EST. MeetUp: Arcturian Lightworkers Brisbane North email: [natalie\\_rankin@hotmail.com](mailto:natalie_rankin@hotmail.com)

### **Melbourne Victoria Mornington Peninsula**

Meets monthly for re activation of PCOL and social interaction between members. Meetings on **the last Sunday of the month at 11 am EST**. Ring Glenda Lancaster for more information. 0439639592 email: [g.lancaster777@gmail.com](mailto:g.lancaster777@gmail.com)

### **Grose Valley Blue Mountains NSW**

Meditations to maintain the PCOL will be held **every second Saturday of month** at Noon EST at the Grose Valley Crystal, Blackheath Contact Liz: 0469 602487 email: [eliz.clarke@yahoo.com.au](mailto:eliz.clarke@yahoo.com.au)

### **Applecross/Shelley Perth**

Meditations to maintain the PCOL will be held on the **third Sunday of the month** at 1.15pm WA Time in Applecross or Shelley. Contact Michael Maynard: email [michael@smallliving spaces.com.au](mailto:michael@smallliving spaces.com.au)

### **Auckland NZ PCOL/PORL**

Meet on **second Sunday of each month** at Farm Cove at 2.15pm. Refreshments afterwards. Contact Janine:- [janinemalcolm@extra.co.nz](mailto:janinemalcolm@extra.co.nz)

## UNIVERSAL LAWS

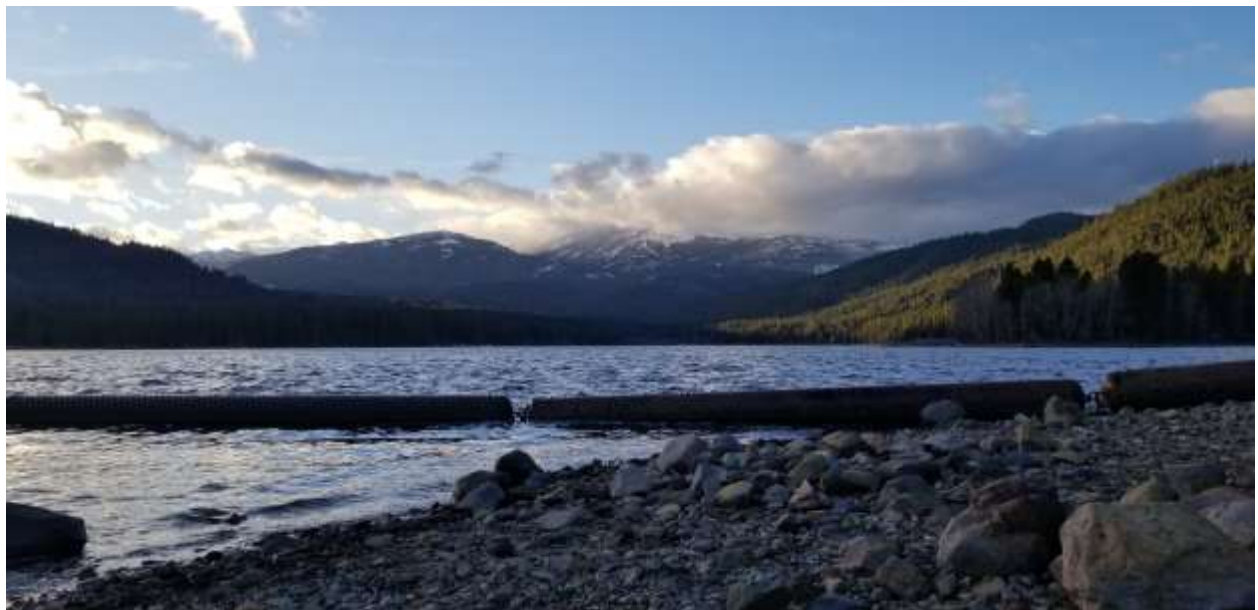
How many people say "I would like to know God's Laws, but I don't know them". So, in this newsletter for the next few months, we're going to give you the Universal Laws. To merely read the Laws isn't enough. You must use the Laws and prove them correct. Everything works by Divine Law as there would be no order in the Universe without these Laws. It's very important for us to practice these Laws because a life without law and order can be a life of trouble, chaos, trial and error, or hit and miss. When you work with law you know the outcome of every venture **because** it is law and therefore it can't fail.

**36. Physical Law** let us talk about the physical, this flesh with which you have embodied yourself. It does take 'form' according as you 'see' yourself. What do you see when you look at yourself? Do you see youth, beauty, joy, a happy countenance? Or do you see age, weakness, imperfection? You are the builder of your own temple and so, as you visualize so shall it be. If you don't know this law, then there might well appear the imperfect, but now that you know your word is 'law' unto yourself, you may change your appearance. **Each day say," I, (name) am pure spirit. This day I embody myself in perfection. I am strong, whole, young. I am beautiful because the Christ Light shines through me and radiates this beauty. I am health, for this power in which I live and move and have my being, constantly keeps me re-celled, re-energised, re-formed, rejuvenated and I know that as I strive each day I must express this, whatever I claim for myself, for my word is law unto my being."**





Mt Shasta – Spaceship??



Mt Shasta and surrounding areas

Photos courtesy Josh Fresia of Los Angeles on his trip to Mt Shasta

## Stories from Trent Mills, team member of the Jeanus Wildlife Shelter and Group of Fortv Australia member.

Gday all , this is the divine Dennis. He was found on the ground at a local property, unable to fly, and was quiet enough to be caught by the concerned property owners, who contacted me. After getting him home and examining him I discovered he has a deformed beak. But it seems to be something he has lived with all his life. He is reasonably healthy so the deformed beak hasn't affected him greatly. All wings were in working order, but he was missing all his tail feathers or 'bum flap' as I like to call it. However, a couple of months of good food and accommodation and we will release him back where he was found. Sulphur crested cockatoos live primarily in Australia but are also found in New Guinea and some Islands of Indonesia. As with Galahs, you can tell the sex by looking at the colour of the eyes; a red/brown colour is female , and a dark brown Male. Some people consider these 'kids' a pest , but as we all know, as we advance our spiritual development and awaken from our slumber, NO species has the right to arbitrarily label and destroy any creature or creation. Humans have lost a lot of empathy and ability to remember that we, the human species, are the guardians of Mother Gaia and ALL her children. I feel grateful to GOF because I feel we, as a group, are all helping to change that energy. This fills my heart with joy and I thank you all dearly for sharing this experience. Namaste, love, light and blessings. Trent



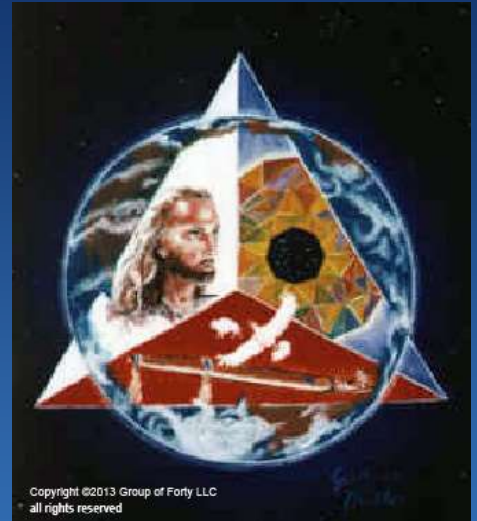
Divine Dennis, the Sulphur Crested  
Cockatoo.

You can see his tail feathers are missing.

# "40 Groups of 40 will be formed for Personal and Planetary Healing Bringing us to the Fifth Dimension!"

*We are dedicated to teaching humanity about the ascension to the fifth dimension.*

*We coordinate the creation and maintenance of Planetary Cities of Light and conduct Biorelativity Exercises to create energy for positive change in the world.*



**David K Miller, Founder/Director Group of Forty**

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**Email: [davidmiller@groupofforty.com](mailto:davidmiller@groupofforty.com)**



**Jane Scarratt, Coordinator Australia Email: [janes carratt@gmail.com](mailto:janes carratt@gmail.com)**

